# KOSENTRASI MIKRONUTRIEN ZINK (Zn) ASI BERDASARKAN DETERMINAN IBU DAN BAYI DI PUSKESMAS KASSI-KASSI

## *Concentration of Zinc (Zn) Micronutrients in Breast Milk Based on Maternal and Baby's Determinant in Kassi-Kassi Health Center*

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**ABSTRAK**

ASI adalah cairan biologis kompleks campuran makronutrien dan mikronutrien yang dianggap sebagai makanan yang sempurna bagi bayi menyusui. Zink yang berperan penting dalam berbagai fungsi biologis dan pertumbuhan fisik. Penelitian ini bertujuan mengetahui rata-rata kandungan mikronutrien zink (Zn) ASI berdasarkan determinan bayi (berat badan lahir) dan ibu (status gizi, pola asupan) serta gambaran pola menyusui ibu. Jenis penelitian yang digunakan yaitu *observasional deskriptif* dengan rancangan *cross sectional study*. Populasi adalah ibu bersalin di Puskesmas Kassi-Kassi dalam waktu 1 bulan (April-Mei 2016) berjumlah 41 orang. Sampel penelitian yaitu ibu yang melahirkan anak cukup bulan dan menyusui bayinya. Penarikan sampel menggunakan *random sampling* dengan besar sampel 37 orang. Sampel ASI dianalisis di Laboratorium dengan menggunakan metode *Atomic Absorption Spectrofotometry* (AAS). Hasil penelitian yang diperoleh rata-rata kandungan Zink ASI (n=37) 0,88±0,54 mg/L dengan nilai tertinggi pada bayi BBLR (1,13±0,67 mg/L), ibu yang memiliki status gizi normal (0,981±0,514 mg/L) dan pola asupan zink yang kurang (0,94±0,54 mg/L). Gambaran pola menyusui ibu, (67,6%) ibu memiliki pengalaman menyusui dengan (81,1%) menyusui >8 kali sehari. Kesimpulan dari penelitian ini nilai rata-rata kandungan zink ASI tertinggi pada bayi BBLR, status gizi ibu normal, pola asupan ibu yang tergolong kurang.

**Kata Kunci : Zink, ASI, determinan, ibu, bayi**

***ABSTRACT***

*Breast milk is a complex mix of biological fluids micronutrient and macronutrient that is regarded as the perfect food for infants breastfeeding. Zinc who was instrumental in various biological functions and physical growth. This research aims to know the average content of micronutrients zinc (Zn) breast milk based on determinants of infants (birth weight) and mother (nutritional status, patterns of intake) and description of the pattern of breastfeeding mothers. The type of research usednamely observational descriptive with cross - sectional study design. The population was the mother in Kassi-Kassi health center within 1 month (April-May 2016) amounted to 41 people. Sample research namely the mother who gave birth to quite amonth and breastfeeding her baby. Withdrawal of samples using random sampling with a large sample of 37 people. Samples of breast milk were analyzed in the laboratory by using the method of Atomic Absorption Spectrofotometry (AAS). The research results obtained average deposits of zinc breast milk (n=37) (0,88±0,54) mg/L with the highest value on babies low birth weight (1,13 ± 0,67mg/L), the nutritional status of mothers who have normal (0,981 ± 0,514 mg/L) and intake patterns less zinc (0,94 ± 0,54 mg/L). Description of the pattern of breastfeeding mothers, (67,6%) mothers have experience with (81,1%) breastfeeding more than (>8 times a day). The conclusions of this research the average value of the highest content of breast milk of zinc on low birth weight babies, nutritional status of the mother, the mother's intake pattern that pertained less.*

***Keywords: Zink, breast milk, determinants, mother, baby***